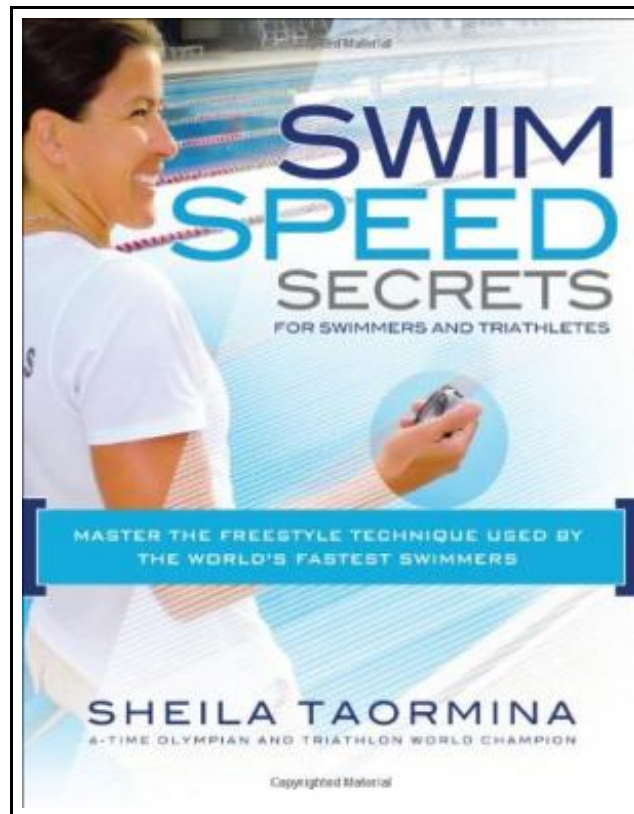


Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the Worlds Fastest Swimmers



Filesize: 8.05 MB

Reviews

This written publication is fantastic. This can be for anyone who statte that there had not been a well worth reading through. I realized this pdf from my i and dad recommended this publication to discover.

(Maye Schoen)

SWIM SPEED SECRETS FOR SWIMMERS AND TRIATHLETES: MASTER THE FREESTYLE TECHNIQUE USED BY THE WORLDS FASTEST SWIMMERS



VeloPress. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 9.1in. x 7.1in. x 0.6in. In *Swim Speed Secrets*, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the worlds fastest swimmers. Over the course of 4 Olympic Games and throughout her career as a world champion triathlete, Taormina refined her exceptional technique as a student of the sport, studying the worlds best swimmers using underwater photographs and video analysis. From Johnny Weissmuller to Michael Phelps, the worlds fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. *Swim Speed Secrets* focuses on producing powerthe most crucial element of swimmingto help triathletes and swimmers overhaul their swim stroke and find the speed thats been eluding them. With a commonsense approach that comes from decades of practice and years of hands-on coaching experience, Taormina shows swimmers how to transition to faster swimming. *Swim Speed Secrets* includes: The best drills to cultivate a more sensitive feel for the waterDryland and strength building exercises to develop arm position and upper body musculatureCrisp photos of Olympic swimmers and variations in their high-elbow underwater pullClear descriptions of the key moments of the underwater pullTips that helped her perform at a world-class level for two decadesSheila Taorminas *Swim Speed Secrets*, brings the focus back where it belongs to a powerful underwater stroke. With this book, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

-  [Read Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the Worlds Fastest Swimmers Online](#)
-  [Download PDF Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the Worlds Fastest Swimmers](#)

Other Books



Johnny Goes to First Grade: Bedtime Stories Book for Children s Age 3-10. (Good Night Bedtime Children s Story Book Collection)

Createspace, United States, 2013. Paperback. Book Condition: New. Malgorzata Gudziuk (illustrator). Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to ease tension preschoolers have...

[Read Book »](#)



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

[Read Book »](#)



Abc Guide to Fit Kids: A Companion for Parents and Families

Murdoch Books, 2007. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by Royal...

[Read Book »](#)



Very Short Stories for Children: A Child's Book of Stories for Kids

Paperback. Book Condition: New. This item is printed on demand. Item doesn't include CD/DVD.

[Read Book »](#)



Unbored Adventure: 70 Seriously Fun Activities for Kids and Their Families

Bloomsbury Publishing Plc. Paperback. Book Condition: new. BRAND NEW, Unbored Adventure: 70 Seriously Fun Activities for Kids and Their Families, Joshua Glenn, Elizabeth Foy Larsen, Tony Leone, Mister Reusch, Heather Kasunick, UNBORED Adventure has all...

[Read Book »](#)